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A BODY SCAN MEDITATION EXERCISE

Malorie Mackey
Actress, author and adventurer

Malorie Mackey is an actress, host, and writer living in Los Angeles, CA. Malorie's first book was published in 2017 and her short story "What Love Has Taught Me" has been published in the anthology "Choices." You can find Malorie's travel content on dozens of digital media platforms. Check out www.maloriesadventures.com for more. Malorie's adventures don't just encompass physical adventures. She has been a student of intuition since she was a teenager, studying at Edgar Cayce's A.R.E. In 2019, Malorie discovered the Monroe Institute while filming her travel show. Since then, she has been studying the art and science of consciousness through many different programs and life experiences.

There have been plenty of times in my life—perhaps you can relate—when I felt unwell (sometimes physically and sometimes mentally) and just couldn't quite put my finger on why. Pain can be tricky and contagious. We could be physically ill and it could be affecting our mood before we realize it. We could be mentally unwell, and suddenly we're physically sick. Finding total health and inner peace comes with a full alignment of mind, body, and spirit. Once all of these aspects align in the form of peace and health we can be our truest and happiest selves, in my humble opinion. This is why I consider it essential to periodically perform a full body scan during meditation. That way, you can focus on healing the parts of you that need it most, the ones that may be bleeding their pain into other parts of your total self. A body scan is a perfect way to pinpoint where the main trouble is occurring and focus your healing there. So, without further ado, I'd like to walk you through my body scan meditation that I conduct periodically.

I begin every meditation with my Monroe preparatory process, adding a bit of my own twist where I try to fully relax and get grounded in the present. I do this by feeling my breath rise and fall, and rise again and fall again. I repeat this for a few minutes, just getting comfortable in my silence and focusing on my breath. From there, I move through each area of my body, starting at my toes and going up into my head. I inhale benevolent energy and let it flow down to my toes. I ask myself how my toes feel and how my feet feel. Does anything come to mind as being painful or uncomfortable, or do they feel great? Then, I move up to my calves with the next exhale and ask the same questions. Then I move up past my knees, up my thighs, up into my pelvis and digestive tract, up past my stomach to my chest, then down my arms to the hands, and then up to my shoulders, which almost always hold some form of tension. So, I tend to spend extra time breathing into my shoulders and releasing the tension there as I exhale. Next, I move up my neck and throat into my head. After I've asked these questions and scanned my full physical body, I make note of the areas that feel less than ideal, and I work to release any tension I may be holding with my breathwork.

From there, I continue with my mental and emotional state. I ask myself, “How are you feeling today? Are you happy? Are you sad? What’s holding you back from experiencing full happiness?” and I meditate on my mental and emotional state for a time. If I’m not feeling my best, I’ll try to see if there is any connection between my mood and any physical ailments. I’ll meditate for a bit on the emotional state that I’ve discovered I’m in, and then I’ll attempt to breathe in a great amount of energy and exhale out the pain, releasing that which no longer serves me. Finally, I’ll do the same thing spiritually. Am I meditating enough or connecting with my higher self in a way that makes me happy or do I need to change up the way I’m meditating? I’ll reflect on all of these thoughts and release any negativity I discover.

Next, I’ll get myself in a good place to heal. For this, I prefer Focus 12, but whatever focus level resonates with you for healing, use that one, and start a healing exercise. If you’re well versed in Monroe focus levels, I would also highly recommend Focus 27 for healing. There are many great healing exercises **in the Expand app** as well, if you’re not sure where to start. I ensure that I build up more energy with some resonant tuning and then advance into a powerful healing session where I imagine a great white light engulfing the areas that need healing, cleansing them of their pain and ailments, both mentally and physically. Does dolphin healing work for you? Conduct a healing session with your dolphin and use the target points from your body scan if it does.

Checking in with ourselves is never a bad thing. It’s important to look within and see how we’re feeling in all facets of our mind, body, and soul as regularly as possible. This way, we can keep ourselves happy and healthy with every turn of life. So, I encourage you to regularly check in with yourself and conduct a body scan to ensure you’re feeling like your best self.